## Claims

We claim:

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1. A process of synthesizing metal and metal nitride nanowires, comprising the steps of:

forming a catalytic metal on a substrate;

heating said catalytic metal on said substrate in a pressure chamber

adding gaseous nitrogen and/or hydrogen reactant and/or solid metal source;

applying sufficient microwave energy (or current in hot filament reactor) to activate said gaseous metal reactant and/or solid metal source; and

forming nanowires of a selected metal or metal nitride of a desired length.

- 2. The process of synthesizing metal and metal nitride nanowires of claim 1, wherein said catalytic metal comprises gallium or indium.
  - 3. The process of synthesizing metal and metal nitride nanowires of claim 1, wherein said substrate comprises fused silica quartz, pyrolytic boron nitride, alumina, and sapphire.

- 4. The process of synthesizing metal and metal nitride nanowires of claim 1, wherein said metal of interest comprises gold, copper, tungsten, bismuth, and combinations thereof.
- 5. A process of synthesizing metal and metal nitride nanowires, comprising the steps of:

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forming a gallium metal on a fused silica quartz substrate;
heating said catalytic metal on said substrate in a pressure
chamber

adding gaseous nitrogen and/or hydrogen reactant to a solid metal tungsten nitride and/or tungsten source;

applying sufficient microwave energy (or current in hot filament reactor) to activate said gaseous nitrogen and/or hydrogen reactant to said tungsten nitride and/or tungsten source; and

forming nanowires of tungsten or tungsten nitride of a desired length.

6. A process of synthesizing metal and metal nitride nanowires, comprising the steps of:

forming a indium metal on a fused silica quartz substrate;

heating said catalytic metal on said substrate in a pressure

chamber

adding gaseous nitrogen and/or hydrogen reactant to a solid metal tungsten nitride and/or tungsten source;

applying sufficient microwave energy (or current in hot filament reactor) to activate said gaseous nitrogen and/or hydrogen

reactant to said tungsten nitride and/or tungsten source; and forming nanowires of tungsten or tungsten nitride of a desired length.

7. A process of synthesizing metal and metal nitride nanowires, comprising the steps of:

forming a gallium layer of about 100 microns on a fused silica quartz substrate;

placing the combination in a pressure chamber; reducing the pressure in the chamber to 50 Torr; heating the substrate and gallium to 700-1000 degrees C; heating the tungsten filament to 700-1000 degrees C; adding nitrogen gas;

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applying sufficient microwave power to sputter tungsten into gas phase and continuing the process until the nanowires is of the desired length.